

TESTIMONY before the Appropriations Committee

3/11/10

Barbara Albert

Good afternoon members of the Appropriations Committee, also to everyone else.

My name is Barbara Albert, renter in Hartford, registered voter, and Advocate for human Rights. I have several chronic illnesses, some visible, some not. I'm on disability, Medicare, and Medicaid, and do volunteer work when able.

Mental Illnesses are Medical Conditions, just like Irritable Bowel Syndrome, Seizures, Pre-Cancerous Conditions, Reactive Hypoglycemia, and others. What works for one person, does not necessarily work the same for someone else. Human beings are not created from cookie cutters.

I've needed to go through many trials, at varied doses, and combinations of, with either messed up side effects or no help at all. I under-use my meds to help them last. I've even taken expired meds. Several times I've left the pharmacy without meds because they're no longer available. I don't usually have enough for co-pays now, never mind an increase. It's also due to deterioration of other medical conditions. I need to deal with 'Prior Authorization' all the time; my body knows the difference between 'Generic' and 'Brand Name', and over the counter 'meds.' Many of which side effects are rashes to respiratory infections, from nausea to grand mal seizures. All this worsens my medical conditions. It's been deteriorating most all aspects of my, "so called life". This is why I believe why access to psychiatric and other meds, NOT be further restricted. I have no 'quality of life'. This is not humane.

I've been 'making do' without most basic human needs as long as I can remember. Martin Luther King Jr. said, "Of all forms of inequality, injustice in healthcare is the most shocking and inhumane."

Please do not pass the cuts proposed in the Governor's March 1, 2010 Deficit Mitigation Plan and further restrict my access to medications.

Thank you for listening.